



**TAKE OFF POUNDS
SENSIBLY**

PAM'S POST IT **JULY & AUGUST 2011**

Dear TOPS Friends,

What a wonderful and busy last couple of months we've had. It has been so nice to see so many of your smiling faces recently.

TOPS Walk WA turned out to be a rainy day, however we still had quite a few walkers attend. We had 13 chapters represented with a total of 85 members that signed in with a total recorded 222.50 miles walked! Great job everyone!

SRD was another wonderful weekend. Congratulations to all the winners! What an inspiration they are to all of us. Next year SRD will be in Ocean Shores on May 11th and 12th and the theme is "TOPS--Lights the Way." I'll let you know the date of the next meeting as soon as we have it on the calendar.

International Recognition Days is just a few days away in Milwaukee, Wisconsin. I'll be flying out July 4th and returning the night of July 9th. Another big thank you to all of the chapters that donated to help with my expenses. Along with the proceeds from the sale of the TOPS bags, your donations helped cover my airfare and part of my motel. Your friendship and support means the world to me.

The next Lighter Weigh KOPS Honor Society meeting is Saturday [August 6th](#) at 11 A.M. at Paradise Village Bowl, 12505 Pacific Ave S. in Parkland. All KOPS and any member that is ten pounds or less from goal are welcome. TOPS members who have been adopted by a KOPS member are also welcome to attend if they have lost six pounds from the last KOPS Society Meeting (June 11th).

Thank you to all of the Leaders and Co-Leaders that attended the get together at my home this past month. These meetings are always so much fun and informative. We had a total of 10 chapters represented with 16 in attendance.

Summer point contest is well on its way. I hope your chapter is looking at the list to see what points you can earn these next few months. Reminder that the Summer Weight Loss Contest and the KOPS at or Below Contest sign up sheets needed to be sent in to Tom Neitzel (address on the forms) by July 1st (yesterday). If you haven't sent it off yet, please do so right away (next day or two).

The attached 2011 monthly agenda has a date change for the weight recorder workshop. The date has moved from October 29th to November the 12th. Please mark your calendars accordingly. Also, please keep this list handy and refer to it often, as it has some very important dates on it.

Congratulations to the newest KOPS in our area! Dolores Wanden from chapter 0074 in Puyallup-Great job! Pierce County now has 74 KOPS with a total loss of 2,781.25 pounds!

Anyone going to the TOPS Retreat in Rockaway Oregon in September? With the gas prices being what they are, I was wondering if anyone would like to carpool. Please contact me by August 15th if this is something you'd be interested in.

Let me know if your chapter is having a yard sale (or another fund raiser to benefit your chapter) and would like me to send out an e-mail to announce it to all the chapter contacts.

Reminder that each meeting should have a prepared program to share with your chapter. Included with this letter is one of the newest Quick 'n Easy Programs that is provided on the www.tops.org web site in the Leader's Corner section. TOPS has so many wonderful programs to help our members become knowledgeable on the actions that will help them reach and maintain their goals. Please let me know if you need help figuring out how to get on the web site.

Impossible Dream

The more faith you have,
The more you believe.
The more goals you set,
The more you'll achieve...
So reach for the stars,
Pick a mountain to climb,
Dare to think big,
And give yourself time...
And, remember no matter
How futile things seem,
With faith, there is no
IMPOSSIBLE DREAM.

Remember...WITTY-We're in this together...Yeah!

Your TOPS Friend, Pam

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